

counterpoise pilates

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RELEASE OF LIABILITY AND ASSUMPTION OF RISK

In consideration of the opportunity to participate in at home (in-person) or virtual classes (via the internet) by an instructor of Counterpoise Pilates, I agree as follows:

- All in-person or virtual participants must consult with a doctor to check that you are sufficiently healthy to undertake exercise classes and other physical activities that you may choose to do while participating in any Counterpoise Pilates program. Arrangements for Counterpoise Pilates to speak with your physician to discuss any special conditions or contraindications can be made.
- I understand and acknowledge that Pilates and Yoga are physical activities involving the risk of physical injury. I have taken all steps necessary to learn of any physical impairment(s) that would limit or affect my safe participation, and I accept the responsibility for losses or damages resulting from all such risks and dangers involved in participation in the program.
- I agree to take appropriate precautions for my own safety when participating in the program. If I believe anything is unsafe, or have immediate or ongoing personal health concerns that may adversely affect my participation, I will immediately advise the person in charge of that unsafe condition and will refuse to participate. Please be mindful of your body's capability.
- I hereby release, waive and discharge Counterpoise Pilates, it's instructors, assistants, officials, volunteers, officers, directors, agents, and employees from any and all liability to me and to my conservators, guardians or other legal representatives, assigns, heirs and next of kin for any and all claims, demands, losses or damages on account of any injury or damage to property, arising out of my participation in the in-person or virtual program.
- I also hereby agree to indemnify and to hold harmless from any claim or demand on account of injury or damage which I may suffer as a result of participation of activities with Counterpoise Pilates and all other persons mentioned in Paragraph 5.
- I understand that this release, waiver, and agreement to indemnify and hold harmless includes, but is not limited to damages which are caused, or alleged to be caused, in whole or in part by the negligence of Counterpoise Pilates, and the individuals listed in Paragraph 5.

I have read the above agreement of release and waiver of liability, and sign this agreement voluntarily.

Signature _____ Date _____

Print Name _____